

Encore!

News from the Redmond Senior Center
Winter 2019

Create! p 14 & 15

Lunar New Year
Celebration p 5

Square Dance Fun p 20 & 23



www.redmond.gov/50plus
Call us at 425-556-2314



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The RSC is a recreation facility for active adults age 50 or better that offers independent individuals free and fee-based programs and activities.

Individuals requiring assistance and/or supervision are welcome when accompanied by a care aide.

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425-556-2314

Message from Marty

Greetings,

Happy New Year! I hope you had a fabulous holiday break. We are looking forward to seeing everyone at the Redmond Senior Center (RSC) in 2019.

I would like to thank all of the seniors for their help and support last year. We had some outstanding events, trips and activities in 2018. Special thanks to the volunteers, instructors and participants that make our senior center special. We have an awesome team that works well together!

The RSC has some fun events and programs scheduled over the next few months. Everyone is welcome at our annual Lunar New Year celebration in February. Checkout one of our free concerts/dances by the Sophisticated Swing Big Band on Friday afternoons or enjoy a delicious meal during the Seniors from India lunch on the 2nd Thursday each month.

The Winter Whimsy series is back by popular demand. We have a great lineup of fun entertainers booked for this whacky evening series. Come and see a variety of magical and musical shows on Friday nights at the RSC. Sponsored by Aegis at Marymoor and Aegis of Redmond.

The RSC offers an assortment of interest groups, exercise classes, art programs, day trips and much more. The RSC also provides great workshops, excellent speakers and hot lunch.

Feel free to stop by the senior center anytime for a quick visit or a cup of coffee. Everyone is welcome at the RSC!

Marty Boggs, 50 Plus Administrator

Marty's Monday Morning

Men's Meeting

Join Marty Boggs, RSC's Administrator, for conversation, camaraderie and treats.

Room: 111/112

Day/Date: First Monday of the Month, or as listed - , Jan 7, Feb 4, Mar 4

Time: 10-11:30am

Free



Welcome Spring Lunch

Wed, Mar 20, 11:30am

The days are getting longer and the feeling of spring is in the air. Come enjoy an entertaining musical performance and a tasty meal with friends.

Tickets go on sale March 1.

Reservations required:

buy your tickets in advance at the Front Desk, \$8 for all ages.



Join us on 3.14* for Pi Day

Enjoy a slice of pie at the Beverage Bar for a \$1 donation while it lasts.

*That's Thursday, March 14, for those of us who aren't math geeks.



Reception 6-7pm

Show 7-8:30pm

Tickets: \$3 in advance,
\$5 at the door

Fred Meitzer Theater
located in the
Redmond Senior Center

Sponsored by

Aegis Living

Assisted Living & Memory Care

Aegis of Marymoor
425-497-0900

Aegis of Redmond
425-883-4000

January 25

Joe Black

A magician and hypnotist with over 20 years of experience performing magic, Joe is sure to astonish and amaze you.

Lance Campbell

The ESP Experience is an exciting interactive mindreading show.

February 1

Leapin' Louie

Unique comedy entertainment featuring world-class lasso and whip tricks, juggling, high unicycle and other stunts.

Joe Stoddard

A unique blend of music and comedy with a cowboy smile.

February 15

Roberto the Magnificent

Captivating audiences for more than two decades, Robert Stuverud (a.k.a. Roberto the Magnificent) is recognized as one of the nation's most unique variety acts.

Bill Robison

Using his rubber-like face, elastic body and limitless energy, Bill transports audiences to a zany, unpredictable and hilarious world.

February 22

To be Announced

Unfortunately, at the time of printing the details for this performer are not confirmed.

For more information www.redmond.gov/wintershow

Special Events & Activities

Redmond Senior Center

City of Redmond
Parks & Recreation

Hours:

Mon-Thu, 8:30am-9pm

Fri, 8:30am-4:30pm

Sat, 8am-1pm

Located at:

8703 160th Avenue NE
Redmond WA
98052

Mailing address:

Redmond Senior Center,
MS: CHSC
P. O. Box 97010
Redmond WA
98073-9710

Phone:

Front Desk:
425-556-2314

Email:

rsc@redmond.gov

www.redmond.gov/50plus
425-556-2314

Winter 2019

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Cultural Experiences



Seniors from India

Co-sponsored with the India Association of Western Washington

Everyone is invited to join seniors from India for an informative and interesting program and a catered lunch of vegetarian Indian food. For this lunch, a donation of at least \$4 is suggested for those age 60 or better (the price is \$6 for individuals under 60).

Please reserve your place by calling our reservation recording at 425-556-2345. After listening to the message, clearly state your name and phone number. Reservations must be made no later than the Friday prior to the program date.

Room: Multipurpose

Time: 12-1:30pm (lunch served at 12pm)

Day: 2nd Thu (unless noted)

Dates: Jan 10, Feb 14, Mar 14

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Seniors from China

Co-sponsored with Chinese Information and Services Center

Seniors from China are encouraged to participate in the educational and recreational programs at the RSC. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational, educational, and cultural activities as well as our daily hot lunch. Everyone is invited to join the program for a cross-cultural experience. For more information or updated schedule, please contact CISC staff at 206-624-5633.

Chinese Calligraphy

Chinese calligraphy is good for your health and we believe that will be another way to practice your "Qi." Do you want to learn some Chinese characters and experience the beauty of Chinese writing? When the weather permits and if the students are interested, the instructor will also teach some Tai Chi before the class.

Room: 109

Time: 10am – 12pm

Day: Fridays

Free



Cultural Navigator Program

A service of the Chinese Information and Services Center, the Cultural Navigator Program offers free, confidential social service assistance to individuals and families who have limited English language skills. The program particularly helps people living in East & South King County to find appropriate resources for the health of their family. Services include applying for housing, basic food, medical and so on.

Room: 103 Time: 9am-12pm

Date: Every 4th Friday of the month

Free

Square Dance Experience

Fun and easy to learn, Square Dance is a great way to get some exercise and meet new people.

Our caller, Stephen Cole, has 23 years of experience, and he knows how to guide you through dances

Fridays, 7-10pm

Jan 18, Mar 15, Apr 19

Multipurpose Room

Register in advance for \$5 per person. Tickets are \$7 per person at the door.





First Friday Coffee Chats at the RSC

10 am • Fireside Library

Here is the line up:

January 4 – TBA

February 1 – Jerome Jin and Andy Rheame,
Recycling/Natural Resources

March 1 – Jonny Chambers, Finance Director

Refreshments provided



**Chinese Information Services Center
presents a**

Celebration of Asian Culture Lunar New Year

Fri, Feb 15 • 10am-12pm

Multipurpose Room, Lobby & Foyer

A musical presentation begins on stage at 10am,
followed by information and experience tables
in the lobby from 11am-12pm.

Free



Dance to live

Free music!

Sophisticated Swing Big Band

Fridays

Feb 15 & Mar 15

1:30-3:30pm

Everyone is welcome.

Sophisticated Swing
Big Band
Special Concert

Winter Swing

Fri, Jan 18 • 1:30-3:30 pm

Multipurpose Room

Free



Special Events & Activities

Building Closures & Special Event Schedule

The RSC will be closed for holidays and events as follows:

Dec 23 through Jan 2,
2019 – Holidays & Maintenance

Re-open Jan 3, 8:30am

Jan 21- Martin Luther King Day

Feb 18- President's Day

Due to special events, some regularly scheduled activities may be changed on:

Jan 31- City All-Star Awards

Feb 15 - Lunar New Year Celebration

Mar 20- Welcome Spring Lunch

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Advisory Committee News

2019 Senior Advisory Committee

Linda Clark
Deanna Francis
Glen Gearhart
Sadru Kachra
Marie-Anne Johnson
Margie Meyer
Janice Montgomery
Sue Smith
Linda Timmins
Patti Trepanier
Sandy Marion, Secretary

RSC Staff

Marty Boggs, 50 Plus Programs
Administrator
Teri Burke, & Karen Phillips
Program Coordinators
Sara Bouwman,
Administrative Lead
Iola Stetson
Program Aid & Driver
Christine Benavides,
Laura Cole, Jennie Fiddimore,
Amy Tang, Mike Kiczenski,
Julie Walker & Selena Wiehr
Office Assistants
Rosie Dejbani,
CCS Nutrition Site Manager

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425-556-2314

New Member, Committee Activities & Nominations

By Deanna Francis

The Redmond Senior Advisory Committee, composed of 11 members, welcomes

Marie-Anne Johnson as it 2019 begins. There is currently one open position on the committee.



The committee thanks LouAnn Ballew, who recently left the committee. She was active on SAC

committees and served as co-chair.

More than photos on a bulletin board, members of the Senior Center Advisory Council (SAC) serve as a liaison between Center participants and staff. Get to know a SAC member. Each welcomes ideas for building our dynamic center.

Each committee member serves a two-year term, with the option of a second term. And several work with sub-committees: Health and Wellness, Historian; Hospitality, Intergenerational programming; Programs and Special Events, and Volunteer as well as volunteering at the center.

Among SAC actions in 2018, members reached out to the

center's interest groups to expand the Redmond School Break Food box program for the Fall, 2018 and Winter, 2019 school breaks. In addition, members of the Health and Wellness committee's Friday walking group undertook preparation of a walking tour map of Redmond's public art. The map is available at the center's information desk. SAC members worked with staff and other volunteers to sort, shift and shelf books in the fireside library room.

Early though it may seem, time is here to select two outstanding RSC volunteers to be honored by the center and the city during Older Americans Month in May. In addition, a business that supports the center will be honored.

In 2018, Eileen Englehart and Joan Schnebele and Max Heckert were chosen as outstanding volunteers and HopeLink, as the outstanding business.

Interested in honoring a special volunteer? Perhaps someone who may help in the lunchroom, serving at the beverage bar, helping at special events, answer the phone and questions at the front desk, or sorting and shelving books in the library – among the many tasks participants take on for the center?

Pick up a nomination form at the center's front desk. Nominations should include a list of the person's RSC support as well as

background support, a description of the person's contribution to the center and two references.

In March, the center's advisory committee will select honorees.

In May, Redmond Mayor John Marchione will honor the chosen volunteers and the business at the first Redmond City Council meeting in May, with a reception in the Redmond Senior Center.

Garden Group News

Our Gardeners had a very successful growing season this year. They donated close to 400 LBS of produce to Hopelink. Thank you for all your time, energy and consistency. Special thanks to Clint and Dan for donating proceeds from their gardens as well.

The green house has been cleaned up and is now full of flowers and herbs to winter over. Peek in & see!

Plans are in the works to expand and improve the garden & greenhouse. With the help of Facilities Maintenance and Parks Arbor Care, the adaptive recreation, teens & seniors are excited to explore opportunities for working together to improve and expand the garden and greenhouse programs, while keeping senior interests a priority.

SAC Meetings

Meetings are open to all participants and the general public. The agenda and minutes are posted on the bulletin board across from the Greeter Desk.

Room: 109

Day: Thu

*Dates: Jan 17 (retreat), Feb 21,
Mar 21, Apr 18*

Time: 10 - 11:45 am



Anyone who likes to "play in the dirt" is invited to join the group this winter. They will be sowing seeds and plant starts for the spring outdoor garden, repotting overgrown indoor plants and making plans for the 2019 season.

The group usually meets on Saturday mornings, check with the Front Desk for the current meeting schedule.

News & Information

Newcomers Reception

Join staff and Senior Advisory Committee members for an introduction to the RSC. Meet other newcomers, hear a presentation about the RSC's programs and activities, and tour the building. Coffee will be served.

Room: 109

Day: Thursday

Date: Jan 24 or Mar 28

Time: 10-11:30am

Free

Friends Who Care Program

Did you know that when we hear that one of our participants has an illness, injury, or has lost a loved one, the RSC sends a card? This service relies on one key factor – YOU. We can only send a card if you tell us that someone is in need. Just come in or call the Front Desk with the pertinent information – the name and the reason for the card. It also helps if you have an address or some contact information.

P.S. Donations of greeting cards that express get well, thinking of you, and sympathy wishes are welcome.

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Wellness Partners

Courtesy Blood Pressure Checks

Retired healthcare professionals are here to help you take your blood pressure. (If you have experience in taking blood pressure and are interested in volunteering, please contact the Front Desk.)

Room: 102 (Wellness)

Day/Time: Tuesdays, 10am-12pm and

Day/Time: Thursdays, 10:30am-12pm

Free

Low Income Legal Assistance

Sometimes you just need a little legal advice. The Eastside Legal Assistance Program (ELAP) is a non-profit organization providing civil legal assistance to low income residents of East and Northeast King County. Volunteer attorneys from the ELAP provide confidential advice on legal matters. Call 425-747-7274 for an appointment.

Room: 102 (Wellness)

Days: 1st & 3rd Friday

Time: by appointment, 1-3pm

Free, if low income

Statewide Health Insurance Benefits Advisors (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer will meet with you privately to answer questions in the areas of health insurance and Medicare.

Room: 102 (Wellness)

Day: mostly Mondays

Dates: Jan 14 & 28

Feb 11 & 25

Mar 11 & 25

Apr 8 & 22

Time: 9:30am-12:30pm

Call 425-556-2314, to make an appointment

Free

Senior Rights

The Senior Rights Assistance (SRA) program trains volunteers to provide free, unbiased, accurate information regarding legal and consumer rights. SRA volunteer, Lynn Shapley, is at the RSC for ½ hour appointments once a month. The volunteers are trained on issues relating to estate planning (including wills, powers of attorney and health care directives), guardianships, and landlord/tenant concerns. When necessary, they refer folks to an Elder Law Clinic attorney for further assistance. Call the center at 425-556-2314 to make an appointment.

Room: 102 (Wellness)

Day: 2nd Tuesdays

Date: Jan 8, Feb 12, Mar 12, Apr 9

Time: by appointment, 10am - 12:00pm

Free

Transit Travel Help From Hopelink

Stuck at home without a ride?

Want to get to the library or the store without driving? Come talk with the GAPS (Getting Around Puget Sound) volunteer. A Hopelink volunteer can help you figure out how to get to where you want to go. It's easy and free!

Room: Lobby

Day: 2nd Friday of the Month

Dates: Jan 11, Feb 8, Mar 8, Apr 12

Time: 10am - 12pm

Free

Mobility Equipment Lending Closet

The RSC has a variety of mobility equipment available for loan. The loan is on a first-come, first-served basis, and is free. We are not able to accept reservations.

Equipment currently available: walkers, wheelchairs, crutches, and canes.

The need must be temporary; although, on occasion, we become over-stocked and may be able to accommodate some longer-term needs. Please contact the staff if you have a long-term need.

Call the Front Desk, 425-556-2314, to check availability.

Donations of lightly used equipment in good repair are accepted when space allows. Please make prior arrangements before dropping off a donation at the RSC.

Free

www.redmond.gov/50plus
425-556-2314

Foot Care

Healthy Feet = Happy People

Our foot care provider, Michael Methe, is trained by a physician who specializes in foot care for seniors. He is available at the RSC on Wednesdays by appointment.

Each appointment includes a foot assessment, trimming and sanding of toenails, calluses and corns. Instructions will be provided to help the participant have comfortable, healthy feet. Referrals for further foot care will be given as needed.

A newly sterilized set of tools are used for each participant and proper infection control methods are followed.

Prior registration and payment required. Call 425-556-2314 to make an appointment.

Room: 102

Time: 10am-5pm

Day: Wednesdays

Fee: \$35

Foot Care Appointment Cancellation/Transfer Guidelines

- If you cancel more than seven days before your appointment date, you will receive a 90% refund.
- If you cancel seven days or less before your appointment date you will receive a 50% refund.
- If you cancel the day of your appointment there is no refund.
- You may transfer 100% of your fee forward to a different date only one time.

Nutrition Program

Have you tried our hot lunch lately?

Lunch is cooked from scratch every weekday and served at noon. If you are age 60 or better the suggested donation is \$4. If you are not yet 60 the charge is \$6. (Please help our cashier and avoid bringing \$20 bills.)

When you come for lunch, please sign in at the window and get a ticket before you make your donation. Some days we get close to selling out, so signing in is important. The window opens at 10am.

Pick up a menu when you are in the building - available at the Front Desk or Greeter Desk and on-line at www.redmond.gov/50Plus

Meals on Wheels

Do you know someone who is homebound right now? It might be a temporary need in which they are recuperating from surgery or a similar situation, or it might be an ongoing condition that limits their mobility.

When this occurs, it can be difficult to maintain good daily nutritional intake. For these situations, Meals on Wheels might be the answer.

After a qualifying application is processed, frozen entrees will be delivered to their door every two weeks. The meals are generated by Sound Generations. The RSC is the delivery site for the greater Redmond area.

Call 425-556-2314 to get the application process started, or apply online at soundgenerations.org

Wellness Partners

Dental Care

Did you know that plaque on your teeth can be directly connected to plaque in your arteries and brain?

Is the high cost of dental care keeping you from getting needed dental attention?

The RSC now offers dental hygiene services through **Dental Hygienics**.

This is a fee based service with appointments on the 4th Tuesday of every month. The fee for most dental maintenance is usually lower than area dentists.

Call the hygienist at 206-948-7355 for fee information and to arrange your appointment.

Or ask for an information packet at the front desk for more information.

Dental Hygienics uses a mobile dental chair and all services are performed in the privacy of the Wellness room.

www.redmond.gov/50plus
425-556-2314

Living Well Workshops

Prior registration is required

Most workshops are presented by busy professionals who take time out of their day to share their expertise with us. Prior registration helps us insure that their time is used responsibly.

A benefit of prior registration is a courtesy reminder call two days prior to the workshop and notification if it is necessary to cancel.

So, get your name on the list—it's a good thing.



To register for classes sponsored by EvergreenHealth call 425- 899-3000 and press 1 (one) at the prompt. The Healthline is open Monday-Friday from 7 am - 7 pm.

To register for classes presented by other sponsors, call the Front Desk at 425-556-2314.

The workshops offered at the Redmond Senior Center (RSC) are designed to be useful and informative. The RSC does not endorse any product or program. It is each individual's responsibility to make informed decisions regarding these issues.

www.redmond.gov/50plus
425-556-2314

Methods of Relaxation

Presented by EvergreenHealth

Learn and practice mindfulness meditation, visualization, and relaxation techniques to reduce stress and achieve inner peace.

Time: 10 – 11:15am

Day/Date: Wed, Jan 9

Room: 107/108

Call 425.899.3000 to register

Free

Creating a Legacy

Presented by EvergreenHealth

This life-affirming session will review fun, creative ways you can create and share your legacy for years to come.

Time: 10 – 11:15am

Day/Date: Wed, Jan 23

Room: 107/108

Call 425.899.3000 to register

Free

Medicare Card Fraud

Presented by Redmond Police Department

Have you received your new Medicare card yet? The card is different than the old one, and criminals would love to get their hands on it. Fraud and identity theft is on the rise with medical fraud being a big problem. This type of fraud costs American taxpayers an estimated \$80 billion each year. If thieves target your account, you may end up paying for the crook's healthcare.

Time: 1 – 2:30 pm

Day/Date: Tue, Jan 29

Room: 111/112

Free

Exercise, Osteoporosis & Proper Posture

Presented by EvergreenHealth

Exercise plays an important role in the prevention and slowing of osteoporosis. If done improperly, exercise can put brittle and porous bones at further risk for injury. Learn what precautions and exercises are necessary to help without harm.

Time: 10 – 11:15am

Day/Date: Wed, Feb 13

Room: 107/108

Call 425.899.3000 to register

Free

Guidance for Pre-planning Final Arrangements

Presented by Dignity Memorial

Funeral planning can be overwhelming. Losing a family member is an emotional experience, and grief can make the funeral planning process difficult. Pre-planning final arrangements helps relieve your family of both emotional and financial burdens. Dignity Memorial staff will lead this workshop to familiarize you with what steps are needed and how to make some decisions in advance. This is a no-obligation seminar.

Time: 1 – 2:30 pm

Day/Date: Tue, Feb 19

Room: 111/112

Free

Five Wishes

Presented by EvergreenHealth

Five Wishes gives people control over their medical care, as well as the peace-of-mind that comes from expressing their own wishes and knowing those of their loved ones. Learn how to use this easy-to-use legal document that lets adults of all ages plan how they want to be cared for in case they become seriously ill.

Time: 10 – 11:15am

Day/Date: Wed, Feb 27

Room: 107/108

Call 425.899.3000 to register

Free

Hospice Care – What you need to know!

Presented by Providence Senior Services

Stephanie Mehl, RN educator, will discuss “When is the right time for Hospice Care and/or Palliative Care” Learn the difference of the two and the requirements. How does Medicare cover the costs? Know the facts when the time comes for a loved one. We are here to answer questions and be a resource to you.

Time: 1 – 2:30 pm

Day/Date: Tue, Mar 5

Room: 111/112

Free

Laughter Yoga

Presented by EvergreenHealth

Safe stretching exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation.

Time: 10 – 11:15am

Day/Date: Wed, Mar 13

Room: 107/108

Call 425.899.3000 to register

Free

Food Allergies

Presented by EvergreenHealth

Discover ways to create healthy meals and snacks while avoiding common food allergies such as dairy, shellfish and wheat products.

Time: 10 – 11:15am

Day/Date: Wed, Mar 27

Room: 107/108

Call 425.899.3000 to register

Free

Inquiring Minds

RPD 'n U

*Regular quarterly
informative
conversations with
Redmond's Police
Department*



That's right, this is your chance to ask the Police questions. Don't miss this great opportunity to hear about local safety issues and meet officers from our great Police force.

Time: 10 – 11 am

Day/Date: Wed, Jan 9

Room: Fireplace Library

Free

Living Well & Inquiring Minds Workshops

Community Emergency Response Team

Presented by Pattijeane Hooper

Attend this workshop presented by the Emergency Manager for the city to learn how the Community Emergency Response Team (CERT) program prepares you for basic response skills in a disaster. Find out if this training is for you. If enough interest is indicated following this workshop the senior center may offer this in-depth program onsite.

Time: 1 – 3 pm

Day/Date: Tue, Jan 22

Room: 111/112

Free

Prior registration required for most programs; please call 425-556-2314 for more information.

www.redmond.gov/50plus
425-556-2314

Inquiring Minds

Layman's CPR/AED Training

Presented by Redmond Medic One

This free CPR/AED training is provided by members of the Redmond Fire Department. The training will cover recognition of cardiac arrest and incorporate the hands-only CPR method with the delivery of a life-saving electric shock upon the arrival of a Public Access Defibrillator. Following this interactive course a certificate will be issued. Sign up today to reserve a space, limited to eight participants.

Time: 1:30-3pm

Day/Date: Tues, Feb 12

Room 111/112

Free

Prior registration required for most programs; please call 425-556-2314 for more information.

www.redmond.gov/50plus
425-556-2314

Join us for our regular hot lunch program,
followed by an interesting and educational presentation.

Washington on Wheels: Odd and Innovative Transportation Ideas from the Pacific Northwest

**Presented by
Harriet Baskas—Speaker/Author/Broadcaster**



From canoe journeys to flying cars (that actually worked!), explore the history and culture of travel in Washington State. Author and broadcaster Harriet Baskas takes audiences on a tour of notable highlights of state transportation history, examining not just how we get around, but why we travel and where we might be going next.



Tuesday, Jan 8
1-2pm, Room 114
Free

The Benefits of Essential Oils

*Presented by PJ Hanks,
Aromatherapist*

Join PJ Hanks as she shares with you how to use essential oils to reduce anxiety, sleep more peacefully, and to ease pain. Essential oils are distilled from plants and are great ways to find solutions for wellness naturally.

Time: 1 - 2:30 pm

Day/Date: Tue, Feb 26

Room 111/112

Free

Overcoming the Overwhelm of Stuff

*Presented by Denise Allan, Simplify
Experts, LLC*

"Overcoming the Overwhelm of Stuff" will motivate you to conquer your clutter. Certified Professional Organizer Denise Allan, who appeared on 3 seasons of A&E's Hoarders television series, will share her clutter clearing system and advise you how to navigate the challenging stumbling blocks of gifts, heirlooms, and keepsakes. If your New Year's resolution is to clear your clutter, then this is a must take class.

Time: 1 - 2:30 pm

Day/Date: Tue, Mar 26

Room 111/112

Free

Financial Workshops

Presented by Cindy Mueller, The Society for Financial Awareness

How to Optimize Tax Planning Strategies with the New Tax Laws

Taxes don't stop when your paycheck does, and having a plan to optimize tax planning strategies in retirement can go a long way toward keeping your taxes as manageable as possible. It can be challenging to understand all of the options available. We'll help you understand the changes in 2018 so you can gain the knowledge needed to choose the right strategies to pay the least amount of taxes you legally owe.

Time: 1 – 2:15 pm

Day/Date: Tue, Jan 15

Room 111/112

Free

Understanding the Consequences of Not Having an Estate Plan

Estate planning isn't fun, but it's the only way to ensure who gets everything that you worked to achieve. And estate planning isn't only for the rich. Without a plan in place, there could be a long-lasting impact on your loved ones, even if you don't have a pricey home, large IRA or valuable art to pass on. Learn the importance of having an estate plan and the consequences to avoid.

Time: 1 – 2:15 pm

Day/Date: Tue, Feb 5

Room 111/112

Free

Social Security Demystified

Social Security benefits are a big part of most Americans' retirement plan. This course is designed to make sure you know how Social Security works and how benefits are determined. You'll also walk away with a handful of little-known "Social Security secrets" that could help ensure a boost in your retirement income. Learning how to optimize your Social Security benefits goes a long way to helping you live comfortably and confidently.

Time: 1 – 2:30 pm

Day/Date: Tue, Mar 12

Room 111/112

Free

Thursday Tech Help

Bring your mobile device and our knowledgeable volunteers will help with your specific questions. Please sign in at the reception desk when you arrive on Thursdays. The help sessions usually last about 30 minutes.

Room: Lobby

Day: Thursdays

Time: 12-3pm

Free



Financial Workshops

RSC's Business of the Month

We are looking for a few good businesses that would like the opportunity to showcase their products or services to our senior community.

Interested businesses are encouraged to call Amy at 425-556-2314 between 9:30am and 12:30pm for information on the details of the program and to receive an application form.

Parking on the City Campus

Visitors to the RSC are welcome to park in the City Parking Garage. The entrance is on the east end (take the first right as you come in the driveway).

Please pay attention to the signs that indicate where visitor parking ends and City employee parking begins; the bottom floor is for city vehicles only.

On days when you think the RSC will be busy, we strongly encourage you to carpool with a friend.

www.redmond.gov/50plus
425-556-2314

Create!

The winter is a great time to tap into your creative spirit!

The RSC has a variety of both free and fee-based activities to help you express that creativity.

Card Making Group

Once a month this group meets to share their enjoyment of all types of paper crafting. They take turns bringing a project for all to share. Bring your scissors and come join the fun.



Chorus & Musical Theater Group

Singing and acting can be great ways to release your creative spirit. Join these two groups to express your musical talents. The Chorus sings year round and often visits local retirement communities to share their music. And the Musical Theater group works to have a major performance once a year.

Dance - Ballroom, Line, Square & Tap

However you like to dance we have a class or group for you. Release your dance spirit and enjoy the pleasure of moving.



Driftwood Sculpture

Do you like the feel of the wood grain? Does the smell of sawdust and Danish oil tingle your senses? Learn how to transform dry, weathered driftwood in to beautiful sculptures.

Just Reminiscing Band and Sophisticated Swing Big Band

Whether it is listening or playing, music can carry you to a different time or place.

Did you play a musical instrument during your school years? Dust it off and join the band.

Or come listen and enjoy while the bands practice.

Needle Felting

Learn how to create fun little creatures out of raw wool. The simple technique of the felting process can have a therapeutic as well as an inspirational affect. All supplies are provide for you to experience this fun art form.



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Open Art Studio

This group of artists gather weekly to practice their craft together and share inspiration. Anyone working in watercolor or acrylic paints is welcome to join.



Paint and Pastry

In this guided painting class you can relax and enjoy a sweet treat as you follow the instructors direction to create a lovely painting. All supplies and treats are provided.

Quilting

No scrap of fabric goes to waste in this group. Join them to help sew donated fabric in to quilts that are donated to local charities. Or work on projects of your own and receive encouragement and advice.

Write Your life Story Group

Share the encouragement of others working on their life story and create a legacy for your family and yourself. This friendly group of writers will help you get started and keep you motivated.

Yarn & Yarns and Needle Arts Group

Both of these groups channel their creative energies to knit and crochet for local charities and their friends and families. Yarn is never in short supply and there are experienced needle crafters to help you if you get in a tangle.



When? Where? I want to join!

Information on participating in any of these creative activities is listed in the newsletter - pages 16 & 17 for free interest groups and pages 18-21 for fee-based programs.

Cover Story

Clearing out the Clutter?

Looking for a place to donate useable craft, knitting or sewing supplies?

The RSC has several groups that use donations to create good works in our community—hats, scarves, quilts and more!

Please call ahead if your donation is larger than a single grocery bag.

All items the groups are not able to utilize are placed on the Free Table for “adoption” by other crafters.

Call 435-556-2314 for more information.

Extremely cold weather? Snow? Power outage? Wondering if we are open?

Call 425-556-2314 to hear recorded information about additional hours, program cancellations or changes.

www.redmond.gov/50plus
425-556-2314

Interest Groups

What is an Interest Group?

Who can attend?

Led by volunteers, these groups bring together like-minded people to pursue a wide variety of activities.

Most groups meet weekly; however, some are monthly. There is no fee to participate in most interest groups.

Anyone age 50 or better is welcome to join any interest group at any time. Feel free to introduce yourself to the group leader and join in.

Monday

Tennis

Reservoir Park, 9am-1pm

Wii Bowling

Rm 114, 9-11am

Marty's Monday Morning

Men's Meeting

(1st Mon)

Rm 111/112, 10—11:30am

Bingo

Rm 107/108, 10:15-11:15am

Bridge (Duplicate)

Rm 107/108, 12-3:30pm

Just Reminiscing Band

Rm 111/112, 1:30-3:30pm

Tuesday

Open Art Studio

Rm 109, 8:45am-1pm

Pickleball

Pickleball Court, 9am-12pm

Writing Your Life Story

Rm 107, 10-11:30am

Card Making

Rm 108, 10-11:30am
(2nd Tue)

Foursome Bridge

Rm 107/108, 12-4pm

Yarn & Yarns

Rm 109 1-3pm

German Conversation

Coffee Group

(3rd Tue)

Fireside Library, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-4:30pm

Wednesday

Tennis

Reservoir Park, 9am-1pm

Scrabble

Lobby, 1-3pm

Quilting

Rm 111/112, 1-3pm

Pinochle

Rm 107/108, 1-3pm

Art Walk Map Available

The RSC Health and Wellness Committee recently worked with the Arts Commission to develop a map that shows all the local art that can be seen near by.

Maps of this self-guided tour are available at the Front Desk. And look for guided walks to be added in the spring.



www.redmond.gov/50plus
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Thursday

Pickleball

Pickleball Court, 9am-12pm

Party Bridge

Rm 107/108, 9:30am-1pm

Musical Theater Group

Rm 111/112, 10:30am-12pm

Check at the Front Desk to be sure the group is currently meeting.

Seniors from India

(2nd Thur)

Multipurpose Rm, 12-1:30pm

Chorus

Rm 111/112, 1-3pm

Needle Arts

Rm 109, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-4:30pm

(2-5 pm on the 2nd Thu of each month due to other program needs)

Friday

Tennis

Reservoir Park, 9am-1pm

Pinochle

Rm 107, 9:30am-2pm

Trail Walking

Lobby, 9:30-10:30am

(9am on 1st Friday)

Seniors from China

Rm 109, 10 am-12pm

Scrabble

Lobby, 10am-12pm

Sophisticated Swing Big Band Practice

(Dance/Concert 3rd Fri)

Multipurpose Rm, 1-3:30pm

Mexican Train

Dominoes

Rm 114, 1-3pm

Pedals & Pipes Organ Group

(2nd Fri)

Rm 111/112 1-3pm

Book Discussion Group

(3rd Fri)

Rm 111/112, 1-3pm

English Language Practice Time

Rm 109 & 108, 1-3pm

Interest Groups

Saturday

Book Discussion Group

(1st Sat)

Fireside Library, 10am-12pm

RSC Art Gallery

The RSC has a lovely gallery space to display local art.

Watch for these new exhibits:

Peggy Scanlon , Jan – Feb 2019

Brian Baker, Apr - May 2019

If you know of an artist that would like to share their art with our community please contact Karen Phillips at (425)556-2388 or kphillips@redmond.gov

www.redmond.gov/50plus
425-556-2314

Fee Based Classes

Class Registration

Registration:

Most classes are currently available for registration; **Winter classes open December 4 for residents/seniors and December 11 for non-residents.**

Please see the trip section for trip registration dates.

Please see page 35 for withdrawal and refund information and other policies.

★ Means the class takes place in the evening

S = Senior

R = Resident under age 50

N = Non-resident under age 50

Why was my class cancelled?

Please plan ahead and register early so your class does not get cancelled due to low enrollment. The program staff check the class registrations two weeks before the start date, and if there are not enough participants signed up, the class is cancelled. Please plan ahead and register early!

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425-556-2314

Arts & Crafts

Driftwood Sculpture

Wood is one of nature's wonders. Driftwood sculpture is the process of bringing out the beauty that is hidden under layers of dirt and decay. Our instructors will show you how to clean, scrape, and oil your wood, as well as how to select a base and finish the process. First-time students should bring an old bath towel to the first class. You will be able to choose a piece of wood from the instructors' supply. Come and join the creative inspiration.

Age: 50 years or better

Day: Monday

Room: 109

Morning – 10am-12:30pm

Instr: Melinda Jewett

Date: Jan 7-28 (no class Jan 21)

Fee: \$20

Date: Feb 4-25 (no class Feb 18)

No class

Fee: \$20

Date: Mar 4-25

Fee: \$26

Date: Apr 1-29

Fee: \$33

Afternoon – 1-3:30pm

Instr: Jo Marsh

Date: Jan 7-28 (no class Jan 21)

Fee: \$20

Date: Feb 4-25 (no class Feb 18)

No class

Fee: \$20

Date: Mar 4-25

Fee: \$26

Date: Apr 1-29

Fee: \$33

Driftwood Evening Open Workshop

Come enjoy a well-lit work space and the company of other artists as you transform your driftwood. Bring your own tools and wood. The small fee helps support evening programming at the RSC.

Led by volunteers

Age: 18 years and over

Day: Monday

Time: 6:30-8:30pm ★

Room: 109

Fee: Drop-in fee of \$3 paid each night at the Front Desk



Paint & Pastry

This class is a colorful opportunity for you to get away from your everyday routine, relax, and hang out with friends while following step-by-step instructions to complete a painting all within one class. Treats will be available too. The completed 9" x 12" painting is yours to keep at the end of the class. Delve into your creative side with this encouraging and supportive environment. No experience necessary; all levels welcome.

Age: 18 years and over

Instr: Ashwini Sadekar

Day: Wednesday

Time: 9:30am-12pm

Room: 109

*Fee per session: \$35S/\$35R/
\$42N*

Date: Jan 23

Date: Feb 27

Date: Mar 27

Date: Apr 24

Needle Felting

Learn to needle felt with unspun wool and create fun, whimsical creatures and holiday ornaments. This easy to learn technique is sure to spark your creativity. All skill levels welcome. Supplies included in fee.

Age: 18 years and over

Instr: Katy Carter

Day: Wednesdays

Time: 1:30-3:30pm

Room: 114

Fee: \$36S/\$36R/\$44N

Date: Jan 9-30

No class Jan 23

Fee: \$36S/\$36R/\$44N

Date: Feb 6-27

No class Feb 13

Fee: \$48S/\$48R/\$54N

Date: Mar 6-27

Date: Apr 3-24



Imagination & the Senses

In this three-week class, we'll explore your memories and ideas through language and the senses. In each meeting we'll create new writing through prompts, often inspired by other writers and artists. All you need to participate is your imagination!

Age: 18 years and over

Instr: Poet Laureate Melanie Noel

Day: Tuesdays

Time: 1:30-3pm

Room: 114

Fee: \$10S/\$10R/\$12N

Date: Jan 8-22



Fee Based Classes

Dance

Line Dancing

Line dancing has transitioned from an interest group to a fee based class. This fun and fitness opportunity is very popular so register early. Register for the month at the front desk for \$10 or pay \$3 to drop-in.

Age: 50 or better

Instr: Su-jeng Lin

Day/Date: Wed

Time: 12:15 - 2:15pm

Room: Multipurpose

Fee: \$10 per month or \$3 drop-in

No class Mar 20

Beginners are welcome, however this class is primarily for experienced line dancers. We are working to find an instructor for a beginning level class on a different day

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Fee Based Classes

Ballroom Dance - Intro

Dancing is a great way to have fun, keep fit and make new friends. Learn dance steps such as the Foxtrot, Tango, Waltz, and Swing. Each class will focus on having fun, building up different rhythms, teaching the importance of lead and follow, and other dance tips to make you feel comfortable on the dance floor. Singles, couples and groups welcome.

Age: 18 years and over

Instructor: Teresa Osborn

Day: Wednesday

Time: 6:30 - 7:30pm ★

Room: Multipurpose

Fee: \$40S/\$40R/\$48N

Date: Jan 9-30

Date: Feb 6-27

Date: Mar 6-27

Date: Apr 3-24

OR drop-in on any class \$12 per visit.

Ballroom Dance - On-going

Learn more dance moves for the Foxtrot, Tango, Waltz, and Swing, plus new popular social dance rhythms such as the Rumba, Cha Cha Cha and Quickstep. You will have time to practice in each class, build on technique, and lead and follow as you progress. Singles, couples and groups welcome.

Age: 18 years and over

Instr: Teresa Osborn

Day: Monday

Time: 6:30 - 7:30pm ★

Room: Multipurpose

Fee: \$30S/\$30R/\$36N

Date: Jan 7-28

No class Jan 21

Fee: \$30S/\$30R/\$36N

Date: Feb 4-25

No class Feb 18

Fee: \$40S/\$40R/\$48N

Date: Mar 4-25

Fee: \$50S/\$50R/\$60N

Date: Apr 1-29

OR drop-in on any class \$12 per visit.

Square Dance Experience

Fun and easy to learn, Square Dance is a great way to get some exercise and meet new people. Our caller, Stephen Cole, has 23 years of experience, and he knows how to guide you through dances and make sure everyone has a great time. No experience necessary; all levels welcome.

Age: 18 years and over

Instr: Stephen Cole

Day: Friday

Time: 7-10pm ★

Room: Multipurpose

Register in advance for \$5 per person. Tickets are \$7 per person at the door.

Date: Jan 18

Date: Mar 15

Date: Apr 19

Teresa Osborn, Ballroom Instructor

Teresa has been teaching dance for over 30 years and is certified by the American Fitness and Aerobic Association. She has presented alongside Len Goodman of Dancing with the Stars fame, and teaches international style ballroom.



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Tap Dance - Beginner Level

This class introduces tap to the novice in a safe and fun environment. Learn tap basics such as heel & toe taps, shuffles, triples, and grapevine; leading into steps and combinations. We will work on developing new motor skills, enhancing co-ordination, gaining better balance, and developing strength in the leg and ankle muscles.

Age: 18 and up

Instr: Jolie Scheibe

Days: Mondays

Time: 12:45-1:45pm

Room: 114

Fee: \$30S/\$30R/\$36N

Dates: Jan 7-28

No class Jan 21

Fee: \$30S/\$30R/\$36N

Dates: Feb 4-25

No class Feb 18

Fee: \$40S/\$40R/\$48N

Dates: Mar 4-25

Fee: \$50S/\$50R/\$60N

Dates Apr 1-29

Tap Dance - Intermediate Level

A tap class for those with experience; you should know the basics (shuffles, flaps, triples). Learn more complicated steps such as drumbeats, time steps, off to buffalo, and pickups; as well as more rhythmically complicated choreography. We will focus on developing strong tap technique while expanding kinesthetic and spatial awareness, cardio fitness, and a greater strength and flexibility in the ankles. Great exercise and fun!

Age: 18 and up

Instr: Jolie Scheibe

Days: Mondays

Time: 11:30am - 12:30pm

Room: 114

Fee: \$30S/\$30R/\$36N

Dates: Jan 7-28

No class Jan 21

Fee: \$30S/\$30R/\$36N

Dates: Feb 4-25

No class Feb 18

Fee: \$40S/\$40R/\$48N

Dates: Mar 4-25

Fee: \$50S/\$50R/\$60N

Dates Apr 1-29

Fee Based Classes

Fitness & Yoga

Fit Factory Lite

This is a Redmond FlexFit pass class. This 45-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Location: Room 114 at Senior Center

Ages: 18 and up

Instructor: John Crain

Day: Monday & Wednesday

Time: 10:30-11:15am

Fee: \$35S/\$35R/\$42N

Dates: Jan 7-30

Fee: \$35S/\$35R/\$42N

Dates: Feb 4-27

Fee: \$40S/\$40R/\$48N

Dates: Mar 4-27

Fee: \$45S/\$45R/\$54N

Dates: Apr 1-29

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Fee Based Classes

Gentle Yoga for All Body Types

With a focus on proper breathing, safe stretching, and increased body awareness, this class is for anyone seeking a fun yoga class that's not sweaty or leaves you tied up in knots! Discover how to increase your flexibility, improve your balance and circulation, relieve stress and learn to relax. Primarily based on traditional Hatha yoga poses with attention to safety and comfort, instructors help students of all body types modify and adapt poses. Beginners welcome! Please bring a yoga mat.
Age: 18 years and over

Day: Tuesday

Instr: Lynne Steele

Time: 6:30—7:45pm ★

Room: 114

Fee: \$40S/\$40/\$48N

Date: Jan 8-29

Date: Feb 5-26

Date: Mar 5-26

Fee: \$50S/\$50/\$60N

Date: Apr 2-30

Day: Thursday

Instr: Debbie Pompa

Time: 7-8:15pm ★

Room: 114

Fee: \$40S/\$40/\$48N

Date: Jan 10-31

Date: Feb 7-27

Date: Mar 7-28

Date: Apr 4-25

Day: Friday

Instr: Lynne Steele

Time: 10-11:15am

Room: Multipurpose

Fee: \$30/\$30R/\$36N

Date: Jan 11-25

Date: Feb 1-22

No class Feb 15

Fee: \$50/\$50R/\$60N

Date: Mar 1-29

Fee: \$40/\$40R/\$48N

Date: Apr 5-26

Or drop-in when you can for \$12 per visit.

Core Strength

A strong core is the key to maintaining an active lifestyle. Utilizing body resistance training as well as weights and bands, this class will focus on building muscle strength in abdominals, lower back and legs. Bring a mat and water. This is an advanced level class; new students, please check with the instructor before registering.

Age: 18 years and over

Instr: Jody Martin

Days: Thu

Time: 10-11am

Room: Multipurpose

Fee: \$21S/\$21R/\$25N

Date: Jan 10-24

Fee: \$28S/\$28R/\$34N

Date: Feb 7-28

Date: Mar 7-28

Date: Apr 4-25

OR drop-in on any class \$10 per visit.

Yoga in a Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit. In only 45 minutes you will enjoy the benefits of a yoga workout that includes: twists; upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation for the whole body.

Age: 18 years and over

Instr: Lynne Steele

Day: Friday

Time: 11:30am-12:30pm

Room: 114

Fee: \$30/\$30R/\$36N

Date: Jan 11-25

Fee: \$30/\$30R/\$36N

Date: Feb 1-22

No class Feb 15

Fee: \$50/\$50R/\$60N

Date: Mar 1-29

Fee: \$40/\$40R/\$48N

Date: Apr 5-26

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Senior Strength Basic

Designed to improve your balance, strength, and muscle tone. With the use of a chair, light weights, and tubing, you will learn specific exercises to work all the major muscle groups in your body. Please wear comfortable clothing and bring a water bottle. Register early—this class does fill up quickly!

Age: 50 or better

Instr: Jody Martin

Days: Tue & Thu

Time: 9-9:45 am

Room: Multipurpose

Fee: \$28

Date: Jan 8-29

No class Jan 31

Fee: \$32

Date: Feb 5-28

Fee: \$32

Date: Mar 5-28

Fee: \$36

Date: Apr 2-30

Senior Strength Plus

At a slightly higher intensity level, this class will focus on building strength and fitness. With the use of weights and resistance bands/tubing, you will work all the major muscle groups in your body.

Age: 50 or better

Instr: John Crain

Days: Mon & Wed

Time: 9:30-10:30am

Room: Multipurpose

Fee: \$28

Date: Jan 7-30

No class Jan 21

Date: Feb 4-27

No class Feb 18

Date: Mar 4-27

No class Mar 20

Fee: \$36

Date: Apr 1-29

*Also available on the FlexFit Pass
OR drop-in on any class \$7 per
visit.*

Fee Based Classes



Meet Square Dance Instructor, Stephen Cole

Stephen, has 23 years of experience. He knows how to guide you through the dances making sure you learn the fundamentals. He has a passion for square dance and makes sure that everyone has a great time. See page 4 & 20 for details.



Laughter Yoga

Laughter Yoga is a combination of fun, playful laughter and deep breathing exercises. It is a great way to reduce stress, boost your immune system and increase oxygen to your body and brain. Join the group on the first Wednesday of the month.

Age: 50 or better

Instr: Marilyn Fogelquist

Day/Date: 1st Wed

Time: 10:30 – 11:30 am

Room: 111/112

Fee: \$3



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Fee Based Classes

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Please bring an exercise mat and a water bottle.

Age: 50 or better

Instr: Jody Martin

Days: Mon & Wed

Time: 10:30-11:30 am

Room: Multipurpose

Fee: \$32

Date: Jan 7-30

No class Jan 21

Date: Feb 4-27

No class Feb 18

Date: Mar 4-27

No class Mar 20

Fee: \$41

Date: Apr 1-29

OR drop-in on any class \$7 per visit.

SAIL - Balance & Strength/ Fall Prevention

SAIL (Stay Active and Independent for Life) is designed to reduce the risk of falls through exercise and education. Conducted by a trained fitness specialist, the group exercise class meets twice a week and focuses on aerobics, balance, and strength training; and includes instruction on home and fitness safety; and assessments. The program is a three-month series, which may be repeated. SAIL is offered at a low monthly fee of \$10, because it is subsidized by a King County EMS grant.

New SAIL students, please start with Part 1.

Age: 50 or better

Instr: Jody Martin

Days: Mon & Wed

Time: 2:30-3:30pm

Room: Multipurpose

Fee: \$10 per month

Part 1 *Date: Jan 7-30*

No class Jan 21

Part 2 *Date: Feb 4-27*

No class Feb 18

Part 3 *Date: Mar 4-27*

Part 1 *Date: Apr 1-29*

Tai Chi for Better Balance

Beginning Level - This research-proven balance training program is specifically designed to improve your balance, walking, and to help reduce falls. We use the gentle movements of Tai Chi to develop better balance and enhance our physical and mental well-being. No experience necessary.

Age: 18 years and over

Instr: Julie Cauthorn

Day: Thursday

Time: 10-11 am

Room: 114

Fee: \$40S/\$40R/\$48N

Date: Jan 3-24

Date: Jan 31-Feb 28

No class Feb 21

Date: Mar 7-28

Date: Apr 4-25

Tai Chi for Better Balance

Intermediate Level - This class is for those experienced with Tai Chi for Better Balance. Tai Chi forms are progressed to increasingly challenge your balance, and improve your strength, postural control, and confidence with everyday functional activities.

Age: 18 years and over

Instr: Julie Cauthorn

Day: Thursday

Time: 11am-12pm

Room: 114

Fee: \$40S/\$40R/\$48N

Date: Jan 3-24

Date: Jan 31-Feb 28

No class Feb 21

Date: Mar 7-28

Date: Apr 4-25

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Zumba Gold

Zumba Gold class is designed for active older adults. Taught at a lower intensity, the class lasts 45-55 minutes and includes a warm-up and cool-down. It is just as much fun, and utilizes the same great Latin music and dances as other Zumba classes—just not as fast. Wear loose clothing and athletic shoes that allow lateral movement, and bring water.

Age: 18 years and over

Instr: Teresa Osborn

Day: Tuesday

Room: Multipurpose

Time: 10:15-11:15am

Fee: \$22S/\$22R/\$26N

Date: Jan 8-29

Date: Feb 5-26

Date: Mar 5-26

Fee: \$28S/\$28R/33N

Date: Apr 2-30

Day: Friday

Room: Multipurpose

Time: 9-10am

Fee: \$17S/\$17R/\$20N

Date: Jan 11-25

Date: Feb 1-22

No class Feb 15

Fee: \$28S/\$28R/\$33N

Date: Mar 1-29

Fee: \$22S/\$22R/\$26N

Date: Apr 5-26

Register for the full month
or drop-in for \$7.

Zumba Fitness

ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required.

Age: 13 and up

Instr: Debrah Young

Days: Tue & Thu

Time: 7-8pm ★

Room: Multipurpose

Fees: purchase a 10 class pass
for \$50 or drop-in for \$7 a class.
The monthly Flex Fit Pass is also
accepted.

Fee Based Classes

Life-Long Learning

Defensive Driving

Co-sponsored by the AAA Driver Improvement Program.

This one-day refresher course on defensive driving skills gives practical guidance for traffic accident prevention, and enhances driver safety and confidence. In order to receive a certificate of completion, plan to attend the entire class. The certificate is the proof required for a reduction in auto insurance premiums for those 55 years of age and older.

To register for the class, please send checks only - \$20 per person, payable to American Driving Services, P.O. Box 66681, Seattle, WA 98166-0681. Fee is non-refundable, but is transferable to another class. You will receive a confirmation letter with all the details. Call us at 206-243-3564 if you have additional questions.

Age: 50 or better

Instr: American Driving Services

Day: Wednesday

Time: 9am -5pm

Room: 114

Fee: \$20

Dates: Feb 6

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Fee Based Classes

Dog Training Puppy Class

For puppies age 8 weeks to 5 months - This class offers socialization to novel items, play time, handling for comfortable vet visits and training time. During play groups puppies will be grouped by size and play style. Training time will consist of explanation, demonstration and practice. Tricks, beginning training and attention to handler will be emphasized. We will also go over any issues you may be having with your puppy. First class is an orientation, please bring your waiver and a copy of your dog's vaccination history; do not bring your puppy.

Age: 18 years and over

Instr: Helen Dohrmann

Day: Thursday

Time: 6:30-7:25pm ★

Room: 109

Fee: \$140S/\$140R/\$168N

Date: Jan 31-Mar 14

Fee: \$140S/\$140R/\$168N

Date: Apr 4-May 16

Dog Training 1

Manners, Control & Tricks

For dogs age 6 months and older

Teach your dog important basic manners such as Sit, Down, Stay and Walking Nicely on Lead. Learn how to help your dog become a family pet that is attentive and responsive. Impulse Control, Attention Training, Problem-Solving, and Reliable Recalls will also be emphasized. Dogs love to learn tricks. So, to keep things fun for everyone, different tricks will be taught each week. Appropriate for beginners as well as those wanting to continue training past puppy class, not yet ready for Dog Training 2. First class is an orientation, please bring your waiver and a copy of your dog's vaccination history; do not bring your dog.

Age: 18 years and over

Instr: Helen Dohrmann

Day: Wednesday

Time: 6-7pm ★

Room: 109

Fee: \$140S/\$140R/\$168N

Date: Jan 30-Mar 13

Dog Training 2

Obedience & Canine Good Citizen

For dogs age 10 months and older

Learn the 10-elements of the American Kennel Club Canine Good Citizen program. The basics include: sitting for petting, loose leash walking, sit, stay, down, come, and staying with another person for a few minutes. Dogs learn to focus and perform with distractions of other people and dogs nearby. First class is an orientation, please bring your waiver and a copy of your dog's vaccination history; do not bring your dog.

Age: 18 years and over

Instr: Helen Dohrmann

Day: Thursday

Time: 7:30-8:30pm ★

Room: 109

Fee: \$140S/\$140R/\$168N

Date: Jan 31-Mar 14

Fee: \$140S/\$140R/\$168N

Date: Apr 4-May 16



Dog Training 3

Therapy Dog Prep

For dogs age 1 year and older -

Learn what it takes to be a therapy dog team with your best furry friend! Each class will be divided into presentations and practice as you and your dog develop a better understanding of this rewarding and challenging occupation.

Age: 18 years and over

Instr: Helen Dohrmann

Day: Wednesday

Time: 6:30-7:30pm ★

Room: 109

Fee: \$140S/\$140R/\$168N

Date: Apr 3 - May 15

Dogsafe – Canine First Aid

This 8-hour course will teach you the knowledge and skills to respond to your sick or injured pet until veterinary care is available, and to help you determine if veterinary care is needed. Learn about common injuries and how to assess your dog; how to perform canine CPR and control bleeding; techniques for bandaging and much more. With professional instruction and hands on practice with life-like canine manikins you will gain the confidence to help your pet. A 118-page printed manual is also included.

Age: 18 years and over

Instr: Helga Karisch

Day: Saturday

Time: 9am-5pm

Room: 111/112

Fee: \$160S/\$160R/\$192N

Date: Jan 19

Trip Registration Dates

Wed Dec 12 for City of
Redmond residents;

Fri, Dec 14 for non-residents;

Mon, Dec 17 for on-line

Please read the refund and withdrawal policies on page 35. Fees will be assessed as described in the policies.

Trips are reserved for age 50 or better participants.

Reservations & Waitlists

All trips close for registration two business days prior to the trip date and courtesy reminder calls will be made at that time. The only trip additions after a trip has closed will be when a trip has reached maximum enrollment with a waiting list, and there is a last minute cancellation.

Tax on trips

We are required to charge tax on sightseeing trips. You may notice the difference on your receipt. Note: trips that are educational do not require the tax.

Day Trips

Special Registration Deadline - Available NOW **JANE with the Seattle Symphony**

Join us at Benaroya Hall in Seattle to immerse yourself in the world of pioneering primatologist Jane Goodall with the stunning National Geographic documentary, JANE. Drawing from over 100 hours of never-before-seen footage, award-winning director Brett Morgen tells the story of Goodall, a woman whose chimpanzee research revolutionized our understanding of the natural world. The film is set against a rich orchestral score from legendary composer Philip Glass. See the film on a giant screen while the Seattle Symphony performs. Dinner prior to the performance will be at Ivar's Salmon House. Meal not included in fee. Registration closed Dec 14 EOB.

*Walking Rate: Some-several
places to sit*

Day/Date: Tue, Jan 8

Time: 4-10pm ★

Fee: \$68

Course Number:12610

www.redmond.gov/50plus
425-556-2314

Day Trips

Discerning Diners-

McMenamins Tavern on the Square

Formerly the Anderson School in Bothell, McMenamins is a great spot for a meal. Join us for lunch at the Tavern on the Square and a self-guided tour if you wish. Meal is not included in the trip fee.

Walking Rate: Some- Several places to sit

Day/Date: Wed, Jan 9

Time: 11am – 2pm

Fee: \$12

Course Number: 12611

Snowshoeing with a Ranger

Learn how to snowshoe on this 1-mile, 2-hour, Ranger lead hike near Snoqualmie Pass. Layered clothing, boots, water and snacks are required. The snowshoes are provided. Bring your own poles, if needed. Limited to 12 hikers. A lunch stop afterward at a North Bend restaurant is planned. The meal is not included in the trip fee.

Walking Rate: Extreme-uneven ground, some uphill, no place to sit

Day/Date: Thu, Jan 10

Time: 8 am – 4 pm

Fee: \$60

Course Number:12612

Pacific Science Center

Our day will start with lunch at the Armory followed by our visit to the Pacific Science Center. There is much to see: educational exhibits and interactive demonstrations, the tropical butterfly house, and a show in the Willard Smith Planetarium. Except for a set time for the planetarium show, you will be free to spend your time on the exhibits that interest you most. Meal not included in the trip fee.

Walking Rate: Modest-few places to sit

Day/Date: Wed, Jan 16

Time: 10:30 am- 5:15 pm

Fee: \$38

Course Number: 12613

Casino

Quil Ceda Creek

Located in Tulalip this casino has many good reviews and reports of good payoffs. We will eat in house. Meal not included in trip fee.

Walking Rate: Some-several places to sit

Day/Date: Thu, Jan 17

Time: 9:30 am- 3:30 pm

Fee: \$18

Course Number:12614

Great Train Show

The Great Train Show is the nation's only coast-to-coast model train show and it is coming to the Western Washington Fairgrounds in Puyallup. The show is all about trains! There will be hundreds of tables of trains and accessories for sale, many exhibits, demonstrations and more. Lunch is planned at the show food concessions . Meal is not included in the trip fee. Registration closes Fri, Jan 4 EOB. All aboard!

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Sat, Jan 19

Time: 9am -4pm

Fee: \$36

Course Number:12615

Redmond Police Department Tour

Sometimes you don't have to go far to find a good adventure. We'll trek across the parking lot and take a guided tour of the Redmond Police Department. No meal planned for this trip.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Wed, Jan 23

Fee: \$8

Time: Morning tour 10 am-11 am

Course Number: 12616

Time: Afternoon tour 1 pm- 2 pm

Course Number: 12617

www.redmond.gov/50plus
425-556-2314

Discerning Diners

Lilac Café

Located in Kirkland, the Lilac Cafe is owned and managed by MyLinh from Lynn's Bistro which we visited (and loved) in September. Linh plans to spoil us with another culinary adventure with an Italian twist. Meal not included in trip fee.

Walking Rate: Little-on and off bus

Day/Date: Thu, Jan 24

Time: 11am- 1:30pm

Fee: \$12

Course Number:12618

Empty Bowls

Empty Bowls events can be found around the country raising money to combat hunger in our communities. Your \$20 donation will get you the opportunity to pick out a beautiful handmade bowl, as well as a simple but wonderful meal of soup, bread, beverage and dessert donated by area businesses. Proceeds will go to the Highline Food Bank and White Center Food Bank. Trip fee does not include your donation.

Walking Rate: Little – on & off bus

Day/Date: Fri Jan 25

Time: 10am – 3pm

Fee: \$15

Course Number:12619

Adventure Trip

Walking the Mall

Bellevue Square is a happening place long before the retail stores open at 9:30. Many people gather to walk this large indoor mall from 8 – 9:30am for exercise in a warm and dry environment. Come along and experience this fun and safe activity. After walking a cup of coffee, some treats or breakfast will be a just reward! Food is not part of the trip fee.

Walking Rate: Lots-possible stairs, places to sit

Day/Date: Tue, Jan 29

Time: 8am-11am

Fee: \$12

Course Number:12620

State Capitol Tour

Located in Olympia, the Washington State Capital is one of the most magnificent state capitol buildings in the nation, the brick and sandstone dome rises 287 feet to the top of the cupola and is one of the tallest masonry domes in North America. Join us on a guided tour to see the art and learn the history. Lunch will be at Anthony's Homeport Olympia following the tour. Meal not included in fee.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Wed, Jan 30

Time: 9am-5pm

Fee: \$34

Course Number:12621

Day Trips

How much walking will there be?

The amount of walking involved in each trip can be a major factor in your decision to participate. Terrain, as well as distance, can make a big difference in how much you enjoy the experience. Please take note of the “Walking Rate” listed with each trip description.

All trips are planned with those using walkers and wheelchairs in mind. Please let us know at the time you register if you will need mobility assistance.

Wait List Info:

When a trip fills we will put your name on a wait list. If interest is sufficient, we will try to add another vehicle or another trip date. People on the wait list will have priority.

Don't miss out on the trip you want – be sure to register early.

Need a ride?

Transportation to and from home for Redmond residents is available unless stated otherwise in the trip description.

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425-556-2314

Day Trips

Discerning Diners

Cheesecake Factory

In addition to 36 flavors of cheesecake, there is a broad selection of foods on the menu. We plan to visit the Cheesecake Factory near South Center. Meal not included in fee.

Walking Rate: Little- on & off bus

Day/Date: Tue, Feb 5

Time: 10:45 am- 2 pm

Fee: \$15

*Course Number:*12622

Wing Luke Museum

More than a museum, the Wing is an experience. A chance to truly understand what it was - and is - to be Asian American in the Pacific Northwest. Enjoy a guided tour of the historic hotel and learn the inside story about what makes the local Chinatown-International District unique. Visitors explore thought-provoking exhibitions of real stories, including actor and martial arts master Bruce Lee. Lunch in a local restaurant. Meal not included in trip fee.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Wed, Feb 6

Time: 9:30am – 2pm

Fee: \$38

Course Number: 12623

Seymour Botanical Conservatory & Karpeles Manuscript Library

Take a step back in time as we visit the Victorian-style W.W. Seymour Botanical Conservatory in Tacoma's Wright Park and the nearby Karpeles Manuscript Library Museum. The touring historic manuscripts are always interesting and the Conservatory will have just started their spring flower display. Lunch in between the two stops will be at a local favorite – The Hob Nob. Meal not included in fee.

Walking Rate: Modest-few places to sit

Day/Date: Tue, Feb 12

Time: 9:30am – 4pm

Fee: \$25

*Course Number:*12624

Amazon Spheres

Come enjoy a guided tour of the Amazon Spheres. We'll spend about 1.5 hours walking around them and then head to lunch at the Portage Bay Café. Meal not included in trip fee.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Sat, Feb 16

Time: 9am – 1:30pm

Fee: \$20

*Course Number:*12625

Discerning Diners

Russell's Restaurant

Russell's restaurant is in a local barn that has been here for well over 50 years. It has been restored so it's clean and classy and a great place for lunch. For lunches, orders are taken at the counter. The menu has plenty of variety to meet everyone's taste. Meal not included in the trip fee.

Walking Rate: Little – On & off bus

Day/Date: Thu, Feb 21

Time: 10:45am – 1:30pm

Fee: \$15

*Course Number:*12626

Woodinville Wine Tasting

Woodinville is considered the crossroads of winemaking in Washington State. The tasting room options are too numerous to count. The group will visit a tasting room, take a break to have lunch at Big Fish Grill. After lunch we will visit two additional tasting rooms. Lunch and the tastings are not included in the fee.

Walking Rate: Some-several places to sit

Day/Date: Tue, Feb 26

Time: 10:30am – 4pm

Fee: \$12

*Course Number:*12627

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425-556-2314

Gig Harbor Walkabout

Come explore Gig Harbor and absorb the sea atmosphere. Enjoy the galleries and the shopping. Choose one of the great restaurants for lunch on your own. Meal not included in fee.

Walking Rate: Lots – possible stairs, sparse places to sit

Day/Date: Thu, Feb 28

Time: 9:30am – 4pm

Fee: \$32

Course Number:12628

Adventure

Eastside Rail Corridor Hike

Hike along Lake Washington on a 4-mile paved trail on the newly opened section of the Eastside Rail Corridor. The hike will start at Newcastle Beach Park in Bellevue and continue to the Gene Coulon Beach Park in Renton. Enjoy the walk, the views, and then relax and grab a bit of lunch at Kidd Valley or Ivar's. Meal is not included in trip fee.

Walking Rate: Extreme - paved surface, some slight elevation, limited places to sit

Day/Date: Tue, Mar 5

Time: 9:30am – 3pm

Fee: \$15

Course Number:12629

Discerning Diners

Sultan Bakery

The Sultan Bakery may not look like much but it is a local treasure not to be missed. Anyone who has ever eaten there will tell you they have a broad menu and amazing deserts. Meal not included in trip fee.

Walking Rate: Little-on and off bus

Day/Date: Wed, Mar 6

Time: 10:30am- 2pm

Fee: \$15

Course Number:12630

Snoqualmie Falls-Salish Lodge

We'll start with brunch in the Salish Lodge dining room overlooking the falls. The food is delicious and the service is great. We'll then take a close up look at the beautiful 268 foot waterfall. Time is budgeted for photos of the falls and the gift shop. Meal not included in the trip fee.

Walking Rate: Some-several places to sit

Day/Date: Tue, Mar 12

Time: 9:15am – 12:30pm

Fee: \$15

Course Number:12631

Day Trips

Fragrance Free Courtesy

Please refrain from the use of any fragrant personal-care products while participating in RSC classes, programs and trips.

This includes products such as, but not limited to, perfume, cologne, scented shampoo and body wash, lotions and scented deodorants.

In the event that a fragrant personal-care product interferes with another person's ability to participate in an activity, for the sake of the chemically sensitive person's health, the person wearing the fragrant product will be asked to leave. No refund will be given.

Your chemically sensitive co-participants thank you.

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425-556-2314

Day Tripd

Lynden Craft and Antique Show

This show at the Northwest Washington Fair Expo Building in Lynden has always been a favorite. There will be a huge variety of hand done crafts, including home and holiday décor, gourmet gift foods, jewelry, artwork, vintage wares, upcycled furniture, and older collectibles! Lunch will be on the premises at the food concessions. Meal is not included in trip fee.

Walking Rate: Lots – possible stairs, sparse places to sit

Day/Date: Thu, Mar 14

Time: 9am – 5:30pm

Fee: \$50

Course Number: 12632

Suggestions Welcome

Do you have a suggestion for a trip destination? Would you like to recommend a restaurant for the Discerning Diners? Do you know someone who would like to teach a class?

We are always looking for new ideas to keep things fresh and exciting.

Feel free to drop a note in the suggestion box at any time. Paper is available at the Front Desk.

www.redmond.gov/50plus
425-556-2314

Second Story Repertory – Man of La Mancha

Let's support our local live theater and visit Second Story Repertory Theatre to see *Man of La Mancha*. Inspired by Miguel de Cervantes' seventeenth-century masterpiece Don Quixote, *Man of La Mancha* is one of the most successful musicals in Broadway history. Powerful, brutal, hilarious, and heartbreaking, *Man of La Mancha* celebrates the perseverance of a dying old man who refuses to relinquish his ideals or his passion. Prior to the performance we will have dinner at Matts' Rotisserie. Meal not included in fee. Registration closes Feb 14 EOB

Walking Rate: Some - several places to sit

Day/Date: Sat, Mar 16

Time: 5:30-10:30pm ★

Fee: \$38

Course Number: 12633

Discerning Diners

Wilde Rover Irish Pub & Restaurant

Last year we stumbled across Wilde Rover on our Irish Mystery tour and it didn't disappoint. We found Shepherd's Pie, Bangers & Mash, and plenty of variety to please everyone. Come give it a try. Meal not included in trip fee.

Walking Rate: Little- on & off bus

Day/Date: Tue, Mar 19

Time: 11am -1:30pm

Fee: \$12

Course Number: 12634

Casino

Muckleshoot

Bring your lucky rabbits foot and get ready to play your favorite slot machines and table games. The casino is huge and has a big no smoking area to play in. Lunch will be in one of the many casino eateries. Meal not included in fee.

Walking Rate: Some – several places to sit

Day/Date: Thu, Mar 21

Time: 9am – 3pm

Fee: \$18

Course Number: 12635

Seattle Central Library Tour

The Seattle Central Library is an 11-story work of art that was opened in 2004. Take a tour of this massive resource in downtown Seattle. Learn how the 1.4 million books move around the facility in a high-tech manner. Enjoy the atmosphere of a place to learn, study, relax, eat and browse. We will eat at The Lodge Sports Grille and then have a 2 pm tour. Meal not included in trip fee.

Walking Rate: Lots-possible stairs/escalators, multiple places to sit

Day/Date: Tue, Mar 26

Time: 10:30am – 4pm

Fee: \$18

Course Number: 12636

Adventure

Experience Vertical Climbing

Adventure abounds as you learn to climb a vertical wall at Vertical World in Redmond. No previous climbing experience needed however expect the experience to be physically challenging. Active demonstrations and vigorous climbing with instructors will take place after you sign a waiver and have shoes and a fitted harness. No meal included in this trip. Minimum registration for this trip is 10.

Walking Rate: Extreme-vigorous climbing

Day/Date: Wed, Mar 27

Time: 9am – noon

Fee: \$40

Course Number: 12637

Offered in conjunction with the

WASHINGTON STATE ASSOCIATION OF
WSASC
SENIOR CENTERS

The Washington State Association of Senior Centers is a non-profit organization that works to help Senior Centers grow and improve their programs.

Spectacular South Africa

October 10--22, 2019

Highlights: Apartheid Museum, Kruger National Park, Safari Game Drive, Johannesburg, Cape Town and more. Includes: 13 days, 21 meals, air and hotel.

Double \$5,749; Single \$6,449

Deposit Date: April 14, 2019, Final Payment: August 11, 2019

Coming in 2020

Exploring Scotland & Ireland; Scandinavia; and Heritage of America

All prices include: roundtrip air from SeaTac, air taxes and fees/surcharges, hotel transfers.

For details contact Sheri McConnaughey (206)768-2822 ext 2321
sheri.mcconnaughey@tukwilawa.gov .

Be sure to say you are from the Redmond Senior Center!

Wolf Haven

Dedicated to the preservation of wolves, Wolf Haven is located in Tenino, WA. Enjoy a 50-minute guided tour through the public portion of the wolf sanctuary. During your guided walk, learn about wolves, both in captivity and in the wild. Potentially see up to 10-12 sanctuary residents in a beautiful, natural and serene atmosphere. After we will visit the gift shop and hear a talk on Wolf Haven's work in assisting wolf recovery in WA. Lunch will be at the Scotty B. Diner. Meal not included in fee. Cameras welcome, dress for the weather.

Walking Rate: Modest- Few places to sit

Day/Date: Thu, Mar 28

Time: 9:15am – 4:30pm

Fee: \$45

Course Number: 12638

Trips & Travel



Our Driver:

Iola Stetson

Have you been on a trip with Iola yet?

If you have you know that she loves her job and gives her all to make sure you have an enjoyable trip. From blankets to ponchos to water and treats, she tries to plan ahead for all contingencies. If you haven't gone on a trip lately, we invite you to join us.

As the days start to get longer, we have planned trips to add some excitement to your day and some sparkle to your night.

And, remember, we are always open to your destination suggestions. We want to know what interests you!

www.redmond.gov/50plus
425-556-2314

Registration Information

This newsletter is for informational purposes only and is subject to change without prior notification. The programs offered at the Redmond Senior Center are designed to be useful and informative. We do not endorse any product or program that is presented. It is the individual's responsibility to make informed decisions regarding these issues.

All announcements, posters or flyers must be cleared by staff.

Print copies of this newsletter are available for a subscription fee of \$12 per year. The Encore! is published approximately a month prior to the months covered in each issue:

Winter—Jan, Feb, Mar

Spring—Apr, May, Jun

Summer—Jul, Aug, Sep

Fall—Oct, Nov, Dec

Visit us on the Internet at www.redmond.gov/seniors for more information, or on Facebook at www.Facebook.com/RedmondWASeniors

Three Ways to Register:

By Phone

Register over the phone by calling Guest Services at 425-556-2314 or 425-556-2300. A Guest Services Representative is available to assist you 7 days per week.

In Person

Stop by the RSC or any of our City of Redmond Parks & Recreation Community Centers to register during the below registration hours:

Redmond Senior Center

8703 160th Ave NE

Mon-Thu, 8:30am-9pm

Fri, 8:30am-4:30pm

Sat, 8am-1pm

Redmond Community Center at Marymoor Village

6505 176th Ave NE

Mon-Fri: 6 am-9 pm

Sat: 8 am- 3 pm

Sun: 8 am-1 pm

Old Fire House Teen Center

16510 NE 79th St

Mon-Fri: 10 am-8 pm

Sun: 9 am-1 pm

Online

Visit redmond.gov/Register to register for activities, make facility reservations, download required documents and more. Online registration is available 24 hours a day, 7 days per week.

Payment Information

Full payment must be made at the time of registration, unless otherwise stated.

We accept cash, check, Visa, MasterCard and Discover.

Withdrawals & Refunds

All withdrawals must be submitted in writing and are subject to the following:

Withdrawal Request Time Frame

Refund Amount

At least seven (7) from the first day of the class or activity Full Refund, less a 10% administrative fee.

Less than 7 days from first day of the class or activity 50% Refund
After the first day of class No Refund.

Refund Process

All Refunds are returned to the same form as payment rendered.

Credit card refunds: will be processed within 1-3 business days.

Check refunds: please allow 10-15 days to process and mail.

Events/Tickets Purchases

No ticket refunds. Events take place, rain or shine.

www.redmond.gov/50plus
425-556-2314

Helpful Information

- Pre-registration required for all programs; in-class registrations are not accepted.
- Register early before classes are filled or canceled.
- For phone, mail, faxed registrations: confirmation receipts are emailed. Call if you don't receive one, 425-556-2314. Print or email a confirmation receipt yourself with online registration.
- Residency rates apply to non-resident individuals who work inside Redmond city limits. Family members are included. Adults over age 50 no matter where they live also receive the resident rates for classes & trips.
- Photographs and videotapes may be taken by staff for future publications.
- Fees shown include Washington State Sales Tax where applicable.

Program Satisfaction Guarantee

Your satisfaction in our programs is guaranteed. If you are not completely satisfied with any class or program, you may request a refund in writing prior to completion of the class or program session. Email requests may be sent to rsc@redmond.gov.

Scholarship Program

Recreation is for everyone. Please ask about our scholarship programs for children, adults, and seniors in low-income families. Your inquiry will be confidential. For more information contact the RSC Staff at 425.556.2342.

Participation Assistance

We encourage and support the participation of individuals with disabilities in our programs. :

1. Register for any and all classes in which you want to participate. You must meet all general class requirements to register for a class such as age, gender, and pre-requisites.
2. After registering, contact RSC staff as soon as possible to discuss your accommodation needs.

Registration Information



Renting the RSC

On Friday nights, Saturdays and Sundays, the RSC is available to rent for events such as: wedding receptions, homeowners' association meetings, fundraising dinners or church services. Rental of our building provides a revenue source for the RSC. If you are interested in renting the facility for your special event, please call 425-556-2301 or email, guestservices@redmond.gov

The City also rents other sites such as the Redmond Community Center at Marymore Village, picnic shelters, Adair or Fullard House, and the Old Firehouse Teen Center.

www.redmond.gov/50plus
425-556-2314

Encore!

Winter 2019

Redmond Senior Center MS: CHSC,
PO Box 97010,
Redmond WA 98073-9710

Also available as a pdf at:
www.redmond.gov/encore

The RSC is a warm,
friendly gathering place
for adults age 50 and
better.

It is a great place for
friendship, support, a
healthy meal, information,
activities, educational
programs, volunteering
and most of all fun.



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Ægis Living

Assisted Living & Memory Care

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Plan for four new fun shows!

- ❄ January 25
- ❄ February 1
- ❄ February 15
- ❄ February 22

Reception 6-7pm

Show 7-8:30pm

Tickets: \$3 in advance,
\$5 at the door

Fred Meitzer Theater

located in the Redmond Senior Center

